

REASON WHY?

Nice Guidelines recommend that treatment groups for stroke patients. This would allow patients will be able to meet other stroke survivors. This may also support patients to attend ongoing support groups in the future (where they do not attend at the moment).

PLAN

The team planned to introduce a weekly balance group for patients which would be facilitated by the physiotherapy team.

The group would be aimed at patients with high-level balance deficits that would otherwise receive the treatment on a one-to-one basis at home.

The benefit of the treatment for the patient would be meeting other patients who had had the same or similar effects of a stroke, having to leave the house and to access an environment with more space and equipment

The benefits for the service would be a more efficient and effective use of staff time, seeing more patients, for treatment that they would be otherwise able to do as well as a reduction in travel time.

DO

The team secured the use of a room in the therapy centre at RSH South.

They ran the group for 8 weeks in total and found that they only had a maximum of two people turning up for each group, sometimes only one. .

Transport was difficult some preferred treatment at home as transport posed a physically difficulty for them, for others transport was costly , both in terms of time and money.



AIM

To provide more efficient and specific therapy treatment post stroke in the community by 31st of December as evidenced clinical outcome measures.

STUDY

The team were intending to use the Berg Balance Scale (BBS) and the Activities-Specific Balance Confidence Scale (ABC) to collect clinical outcome measures for patients to prove the efficacy of the group. They would then compare this to data of those treated at home. Due to low numbers there was insufficient data, not only for the individual patients but for a comparison study.

Berg Balance Scale (with instructions)

SITTING TO STANDING

INSTRUCTIONS: Please stand up. Try not to use your hand for support.

- () 4 able to stand without using hands and stabilize independently
- () 3 able to stand independently using hands
- () 2 able to stand using hands after several tries
- () 1 needs minimal aid to stand or stabilize
- () 0 needs moderate or maximal assist to stand

STANDING UNSUPPORTED

INSTRUCTIONS: Please stand for two minutes without holding on.

- () 4 able to stand safely for 2 minutes
- () 3 able to stand 2 minutes with supervision
- () 2 able to stand 30 seconds unsupported
- () 1 needs several tries to stand 30 seconds unsupported
- () 0 unable to stand 30 seconds unsupported

The Activities-specific Balance Confidence (ABC) scale

What is your gender? How old are you? (years)
Have you had a fall in the past? How long ago? (years)

- For each of the following activities, please indicate your level of confidence in doing the activity, without losing your balance or becoming unsteady. To do so, choose one of the percentage points on the scale from 0 (no confidence) to 10 (complete confidence)
- If you do not currently do the activity in question, try and imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as it you were using these supports.

1. Walk around the house?	
2. Walk up or down stairs?	
3. Bend over and pick up a slipper from the front of a closet floor?	
4. Reach for a small can off a shelf at eye level?	
5. Stand on your tiptoes and reach for something above your head?	
6. Stand on a chair and reach for something?	
7. Sweep the floor?	

ACT

The team will currently **Abandon** the running of groups in a central location for patients in the community who are recovering from a stroke.

They did feel providing transport may help people attend, and may consider ad hoc sessions, for example if they have a group of people who all need balance work at the same time they could run one off group sessions.